

## The Claims

1. A controlled caffeine delivery system in a single serving sachet made of a rupturable material, characterized in that the sachet comprises a high-caffeinated soluble coffee beverage powder providing a liquid beverage upon reconstitution with water, the soluble coffee beverage powder comprising,
  - (a) conventional caffeine-containing coffee solids, and
  - (b) additional caffeine containing solids from a natural source other than (a),wherein the beverage contains at least 80 to no more than 115 mg caffeine.
2. The system of claim 1, characterized in that the beverage contains 80 to 110 mg caffeine, and preferably 85 to 100 mg caffeine.
3. The system of claim 1 or 2, wherein the sachet contains between 5 and 30 mg of powder and a single serving of a beverage that has an acceptable taste is prepared by combining between 150 and 250 ml water with the sachet contents.
4. The system of any preceding claim, comprising from about 10% to about 50% w/w of conventional coffee solids and about 0.01 to about 10% w/w of one or more additional caffeine containing solids from a natural source other than conventional coffee solids.
5. The system of any preceding claim characterized in that the additional caffeine containing solids are tea extracts, guarana extracts, decaffeinated tea extracts or decaffeinated coffee extracts.
6. The system of any preceding claim characterized in that one or more flavanols are included, with the flavanols and caffeine being present in a weight ratio of 1:0.02 to 1:1.
7. The system of any preceding claim characterized in that one or more of aromas, flavors, vitamins or minerals are present in the beverage powder.
8. The system of any preceding claim characterized in that a vitamin premix is included to provide further energy to the consumer of the beverage.
9. The system of any preceding claim characterized in that one or more of a sweetener, a whitener, or a flavor is present in the beverage powder.

10. The system of any preceding claim characterized in that the powder ingredients are present in the sachet in a homogeneously mixed condition.

5 11. The system of any preceding claim, wherein the conventional caffeine-containing coffee solids are present in an amount of from about 10% to about 30% by weight, the additional caffeine containing solids are present in an amount of from about 0.1% to about 5% by weight and include decaffeinated coffee solids, decaffeinated tea extracts, or a mixture thereof, and the powder further contains  
10 from about 10% to about 30% by weight of a coffee whitener, from about 50% to about 70% by weight of a sweetener, and optionally, one or more of coffee aroma, a flavor, vitamins, minerals, guarana extract or a flavanol, each, when present, in an amount of from about 0.01% to about 5%.

15 12. The system of claim 11 characterized in that the components c), d), and e) are packaged in a sachet that is separated from the sachet that contains components a) and b), so that the consumer has the option of forming a black coffee beverage or not.

20 13. The system of any preceding claim characterized in that the single serving is packaged in multiple sachets that each contain a portion of the serving with each sachet containing a known amount of caffeine.

25 13. The system of any preceding claim characterized in that the multiple sachets are packaged in a larger container for sequential formation of beverages over time.

30 14. The system of any preceding claim characterized in that the beverage is prepared by the addition of 150 to 250 ml of a liquid to the powder.

15. The system of any preceding claim characterized in that the liquid comprises water or milk.

35 16. The system of any preceding claims characterised in that consumption of a single serving of the beverage by a person provides a plasma caffeine level in the person that is above 1.25 mg/l for at least 2 to 4 hours following consumption of the beverage.

16. Use of the sachet of claim 1 to deliver a controlled amount of caffeine to a person in need of or desirous of receiving same by forming a beverage from the contents of the sachet and a liquid, followed by consumption of the liquid by the person.

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17. Use of the sachet of claim 1 to prepare a beverage that can deliver a controlled amount of caffeine to a person in need of or desirous of receiving same wherein the person obtains the caffeine amounts by consuming the beverage that is prepared by mixing the contents of the sachet and a liquid.

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